

Our Lady's Catholic High School



Newsletter No. 17
26th January 2024



Prayer Theme Next Week: Good News! (Mark 1: 21-28)

In the synagogue there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished. 'Here is a teaching that is new' they said 'and with authority behind it.' And his reputation rapidly spread everywhere.

In simple terms, Jesus used his power to do good. He liberated those who were suffering, healed the sick and helped those who were least fortunate. This was the Good News of Jesus Christ even if some people did not want to accept it. Although some may not accept this good news today, it is our mission to persevere in faith, to reach out and to serve those in need. Rest assured that God meets you with approval, as he did with his own Son.

Dear Lord,

Let us listen and respond to the Good News of your Son, Jesus Christ and with confidence, rejoice.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Amelia Buchan - attentive and discerning

Year 8: Oliver Singleton - wise and discerning

Year 9: Lucas Ward - loving and compassionate

Year 10: Charlotte Hill - attentive and discerning

Year 11: Tommy Turner - curious and active



Being One of Ours

PSHE Day

On Monday 22nd January 2024 we had our second PSHE Day of this academic year. What a great day it was with pupils engaged in a variety of activities and exploring the following themes;

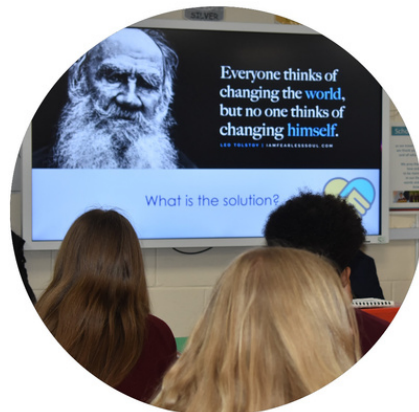
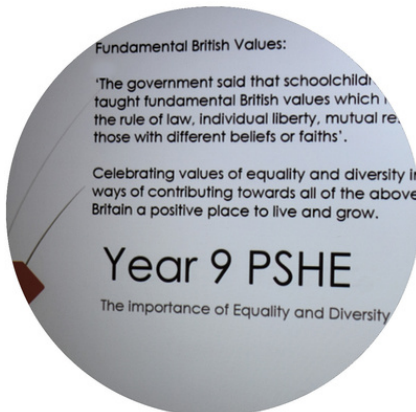
Year 7 - Online Safety

Year 8 - Relationships

Year 9 - Fundamental British Values

Year 10 - Faith and Justice Day

Year 11 - Be Healthy



Equality Audit

In our ongoing commitment to fostering a diverse and inclusive learning environment, this week we conducted an equality audit. This comprehensive audit led by students aimed to assess various aspects of our school community, including policies, practices, and overall culture, to identify areas where we can further enhance our commitment to equality.

By undertaking this initiative, we aspire to ensure that every member of our school community feels valued, respected, and supported. The insights gained from the audit will guide us in developing targeted strategies and initiatives that promote equality, diversity, and inclusion where every individual's unique background and perspective contribute to the rich tapestry that defines Our Lady's Catholic High School.



Serving the Local Community

This week, pupils from Years 7, 8 and 10 served at the Coffee Morning at Preston North Evangelical Church. They did a fantastic job and the elderly clients loved having the company of the young people. This is a weekly event and pupils are offered the opportunity to sign up and serve on a rota basis.



Learning Support Base



We are delighted to reopen our Learning Support Base. Due to RAAC, this area had to close in May and the department were temporarily housed in the Chaplaincy. The area has two purpose-built classroom / intervention spaces and two offices. We look forward to continuing to support our students in these areas.



OUR LADY'S CHALLENGE

La Chandeleur

To celebrate this have a go at making your own crêpe or crêpe cake!
See some of last year's entries on the photos below.

Email a photo of your creation to ecr@olchs.lancs.sch.uk by **Monday 5th February**

The Catholic holiday of Candlemas, celebrated every year on February 2, is a feast of crêpes that are meant to commemorate the purification of the Virgin Mary and the presentation of baby Jesus. In France, this holiday is called la Chandeleur, Fête de la Lumière or Jour des crêpes.



Homework

Last week across school there were 270 homework tasks not completed. Homework is set by class teachers in line with the homework timetable.



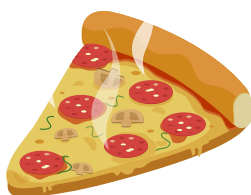
The benefits of homework include:

1. Students learn about time management.
2. Homework provides a measurement of students' learning for teachers to greater support them in lessons.
3. Trains students to solve problems.
4. Gives students another opportunity to review class material.
5. Parents get to see the content being taught in school.
6. Students learn to take responsibility for their part in the educational process.
7. Students learn to do things even if they don't want to.
8. Trains students to work independently.
9. Students learn to stay organised, act and plan.
10. Deepens students' understanding of a subject matter.

Please support your child by encouraging them to complete their homework on time or seek the support from their teacher if they are struggling. As a reminder, the LRC is open every day until 4.30pm except Tuesday when it is open until 4.15pm; this space provides a quiet working environment with books and computers to support your child's learning.

School Attendance

Next week we will begin our termly attendance drive. Pupils who finish the term with two full weeks attendance will be rewarded with an early break on Friday 9th February 2024. Tracking begins on Monday. Please discuss your child's % attendance at home, and remind them of the benefits of being in school on time every day.



Bronze DofE



There is a compulsory meeting after school on Monday 29th January 2024 for all those signed up to Bronze DofE. The meeting is 3pm till 4.15pm. Check the sheet outside M3 to find out which computer room you need to go to.

Screen Time



During information assemblies this week, Mr Horn has been discussing the amount of screen time pupils are using on phones and tablets. You can check the amount of screen time used on a phone or tablet by going to the settings and clicking screen time. You can also put time limits on Apps or Social Media platforms to help manage the time children are spending on phones or tablets. There is a worrying statistic that secondary pupils spend on average 7.5 hours a day on screen time.



Being away from caregivers General worries School worries

DOES YOUR CHILD HAVE PROBLEMS WITH ANXIETY?

Bedtime fears Social worries Phobias (e.g. spiders, dogs, injections) & more

OSI COULD HELP YOU

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a clinician.

You can access OSI at a convenient time for you using any electronic device!



GET IN TOUCH:

If you feel you could benefit from Parent Led Anxiety intervention. Please speak to your schools Designated Mental Health Lead to discuss in their monthly Link Meetings with our Supervising Practitioners.

Alternatively you can contact us directly for further referral information.

COMPASSBLOOM@COMPASS-UK.ORG 01773 281123 COMPASSBLOOM COMPASS BLOOM
UNIT 2, BUCKINGHAM COURT, OFF FERRIS LANE, LEICESTER, LE4 6BE, UK

Safer Internet Day



In preparation for Safer Internet Day on Tuesday 6th February 2024, our children will have information assemblies this week on how to stay safe online.

For parents and careers to explore how they too can support their child in staying safe online, please click on the NSPCC link below.

[Online Safety Guides](#)

Gold Medal Success



Congratulations to our Year 11 pupil who, only a few days ago, won Gold at the European Jiu-jitsu Championships, held in Paris, France.

Competing in the IBJJF European ultra heavyweight Brazilian Jiu-jitsu Championship he faced tough competition from Canada, Brazil and America, but was triumphant, winning the Gold Medal. This latest victory follows on from his success last year when he won the European Elite BJJ heavyweight championship which was hosted in Wolverhampton, England.

A fantastic achievement. Well done.



2024 Dates for your Diary

Tuesday 30 January - Year 11 Mock Interviews

Thursday 1 February - Year 10 Parents' Evening, 4.00-6.30 pm

Friday 9 February - Half-term – school closes at 3.00 pm

Monday 19 February - INSET DAY – pupils at home

Tuesday 20 February - All pupils return to school



Sporting News

Table Tennis

The under 13 and under 16 girls took part in week three of the Preston Schools table tennis league, away at Christ the King on Wednesday. Both teams have really improved and have been increasingly successful as the competition has progressed.

The under 16 squad drew against Archbishop Temple four games all. However, matches were really close. They beat Moor Park A and B 6-2 and 7-1 respectively.

The under 13's also had another successful competition. They won all eight of their matches against Moor park. Unfortunately, they lost to Christ the King five games to three, but all of the games were exceptionally close.



Preston Schools Indoor Athletics

On Wednesday a group of Year 8 pupils took part in the Preston Schools Indoor Athletics Competition at Preston College. There were good individual performances in both track and field events. However, we narrowly missed out from finishing in the top three in both the girls' and boys' categories.



Careers

Careers Cafe

This week we had a local Nursery Nurse Practitioner, visit our Careers Café. Zara has worked with children for a number of years and was able to give valuable insight to Year 10 and Year 11 pupils who are interested in this field of work. Not only did Zara talk about the day to day aspects of the job but the nurturing role that is required on a daily basis. The pupils asked lots of questions including the *hours of work*, *how to calm a really upset child*, *what do children need to learn before they go to school* and *what qualifications are needed to go into this field of work*. Zara is "One of Ours" having attended OLCBS herself. It was so lovely to welcome her back into school to share her knowledge.



Careers Cafe

Next week in the Careers Cafe we have a social worker visiting us. If your child is interested in the field of social work, working with family wellbeing services, fostering or working with children in care, then this is an opportunity not to be missed. Please see Mrs Lin to book your place. This will be advertised daily next week in school on Padlet.



Year 11 Mock Interviews

Mock Interviews take place on Tuesday 30th January 2024. All pupils now have their time slots for this interview. Pupils must be in the drama studio and ready 10 mins before their mock.

All the staff at Our Lady's Catholic High School wish everyone the very best of luck.



Careers

Preston College Taster Sessions

We have been sent these amazing opportunities by Preston College for Years 10 and 11. Please can you share with your child and sign up if interested.

GAMES & GRAPHICS TASTER WORKSHOP



MONDAY 12th FEBRUARY
9:30 - 12:30



We are running a **FREE** taster workshop for any Yr10 or 11's interested in Games & Graphics.

The session will be based around 3D modelling in Maya where you will be introduced to aspects such as building, texturing, lighting and rendering.

Numbers will be limited but to confirm a place please email sroberts@preston.ac.uk



PRESTONCOLLEGE
CREATIVEARTS

FILM & PHOTOGRAPHY TASTER WORKSHOP



MONDAY 12th FEBRUARY
9:30 - 12:30



We are running a **FREE** taster workshop for any Yr10 or 11's interested in Media, Film & Photography.

The session will hands on and practical using industry standard software and equipment and is ideal for anybody looking for a career in TV, Film, Photography and Journalism.

Numbers will be limited but to confirm a place please email maquilina@preston.ac.uk



PRESTONCOLLEGE
CREATIVEARTS

ART & DESIGN TASTER WORKSHOP



THURSDAY 15th FEBRUARY
9:30 - 12:30



We are running a **FREE** taster workshop for any Yr10 or 11's interested in Art & Design.

The session is intended to develop your creative print making skills. It will be hands on and cover a number of different forms of print.

Numbers will be limited but to confirm a place please email dheyes@preston.ac.uk



PRESTONCOLLEGE
CREATIVEARTS

INFORMATION CREATIVE TECHNOLOGY TASTER WORKSHOP



MONDAY 12th FEBRUARY
9:30 - 12:30



We are running a **FREE** taster workshop for any Yr10 or 11's interested in ICT

The session will be based around programming in Python and game creation

Numbers will be limited but to confirm a place please email mpatel@preston.ac.uk



PRESTONCOLLEGE
CREATIVEARTS

Being One of Ours

Careers



Cardinal Newman College Applications

The deadline for college applications is fast approaching.

Mrs Lin would like to remind all Year 11 pupils that the deadline for last applications is 10th February 2024.

There is an open day 10am to 1pm on 3rd Feb 2024 and pupils must sign up on the Cardinal Newman website to attend the open day.

[Cardinal Newman College website](#)

NATIONAL APPRENTICESHIP WEEK

<https://amazingapprenticeships.com/naw/>

Week beginning 5th February 2024 is National Apprenticeship Week. Pupils in all years will learn about the different types of apprenticeships and how they can shape their career pathway.

To find out more information and ideas, please visit the website above.